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Suspect died of gunshot wound: Post-mortem

INVESTIGATION An autopsy has confirmed the cause of death of a man who was allegedly killed by police after an east-end bank was robbed Friday night.

A post-mortem examination conducted in Ottawa yesterday concluded that 27-year-old Michael Jeffrey died of a gunshot wound after allegedly being shot by Ottawa police.

The Ontario Special Investigations Unit is continuing its investigation into the circumstances surrounding the shooting.

At around 7 p.m. Friday, Ottawa police responded to a robbery in progress at the TD bank branch at 562 Montreal Rd.

Several gunshots were fired, with at least one hitting the suspect.

Paramedics were called to the scene on the west side of Claude Street near Clarke Avenue, where a man was pronounced dead.

The SIU has already interviewed several witnesses and is asking anyone else who may have witnessed the incident to call 1-800-787-8529, ext. 1898.

TRACEY TONG/METRO OTTAWA

Riding the **Recession**

Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

Health

- **How to deal with recession stress without pulling your hair out, pg 15**

Tomorrow

- **Put the brakes on car maintenance costs and keep the mechanic away.**

Later this week

- **Meals for a steal.**

Paris **Ready-to-wear**

PASCAL ROSSIGNOL/REUTERS

A model presents a creation by Belgian designer Véronique Leroy as part of her fall/winter 2009/10 women's ready-to-wear collection for French fashion house Leonard yesterday during Paris Fashion Week.

Poll finds Ontarians pessimistic

Economy top concern of 59%

Four in five Ontarians feel the provincial economy is "poor" and most do not believe Premier Dalton McGuinty has a plan to improve things, a new Toronto Star-Angus Reid Strategies poll suggests.

More than half of respondents — 53 per cent — fear the economic situation will worsen, with just six per cent optimistic things will get better.

The province's sputtering economy is by far the most pressing concern with Ontarians, ranking as the top issue by 59 per cent of those surveyed. Unemployment was second with 17 per cent followed by health care at six per cent, the environment at five per cent and poverty at three per cent.

With 61 per cent rating economic conditions as "poor" and an additional 21 per cent saying they are "very poor," there is mounting pressure on McGuinty's Liberal government to act. The government is to present its budget March 26.

Only 24 per cent believe McGuinty "has a clear plan to deal with the economic slowdown."

Despite such pessimism, two-thirds — 66 per cent — are not concerned about losing their jobs, while 28 per cent express such fear.

Their concerns about the economy were being echoed in the legislature yesterday.

New NDP Leader Andrea Horwath said she has seen the plight of the unemployed in every corner of the province.

But McGuinty insisted Ontarians understand that the global recession did not originate with him.

TORSTAR NEWS SERVICE

Random survey

- The survey of 807 randomly selected Ontarians, conducted online from last Tuesday to Thursday, is considered accurate within 3.5 percentage points, 19 times out of 20.

ShareYourViews
ottawaletters@metronews.ca

Home starts down 33%, but local market believed more stable than most

REALTY Ottawans are taking their time in buying new houses, which has led to a slowdown in home starts in the National Capital Region.

Home starts are down 33 per cent from this time last year, Canadian Mortgage and Housing Corporation senior marketing analyst Sandra Perez Torres said yesterday.

All across Ontario, home starts declined in February, the CMHC said.

"New construction has dropped below trend in February," said CMHC's Ontario regional economist Ted Tsiakopoulos.

But while home starts are down across the province, Ottawa's market is doing better than most, Perez Torres said. Because the federal government is a big employer here, the economy here is more stable, she said.

"The employment conditions are still very strong, but people are taking time to buy," she said. "Real estate agents are saying that open houses are packed, but people are looking to see the best option. And that's typical — people are taking the time to buy because there's no rush. That's what happens in a balanced housing market."

In Ottawa, there were 137 housing starts last month, down from 317 a year earlier. The CMHC expects 5,760 housing starts in Ottawa by the end of 2009, marking an 18 per cent decrease from 7,000 housing starts in 2008.

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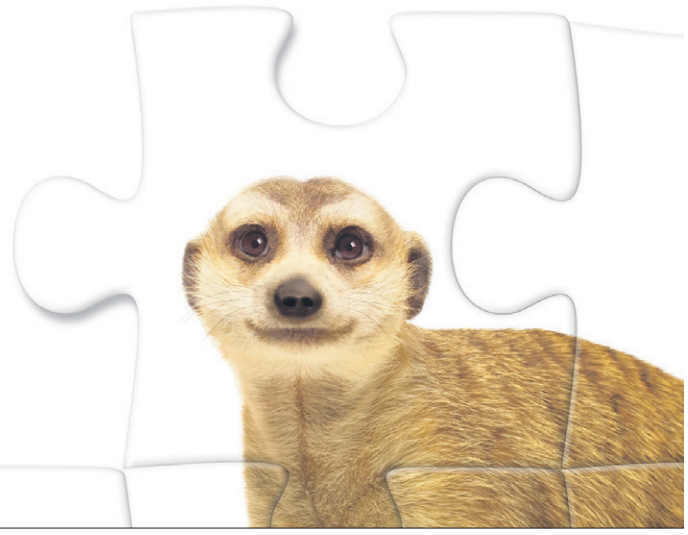

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Group wants to help protect security guards
The city's community and protective services committee is calling on the province to support improved protection for security guards by requiring employers to make protective garments such as concealed slash-proof vests available during their shifts. METRO OTTAWA

Local

Peace Tower goes blue

Parliament Hill will seem pretty blue Thursday evening. The Peace Tower will be "painted" blue by projected light to promote awareness for World Water Day. By turning the tower blue, the Council of Canadians, the Polaris Institute and CUPE are hoping to encourage the federal government to support public water resources and services. METRO OTTAWA

Banding together to end hunger

Food Bank calls on people to donate $25 and get 25 friends to give

TRACEY TONG
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With these big names behind the Ottawa Food Bank's 25th anniversary campaign, hunger shouldn't stand a chance.

But while former chief of defence staff Gen. Rick Hillier, Ottawa police Chief Vern White, Mayor Larry O'Brien, auditor general Sheila Fraser, University of Ottawa president Allan Rock and Transport Minister John Baird are some of the more than 25 people who helped to kick off the campaign yesterday, organizers are hoping the whole community will get behind them — with 25 bucks in hand.

With the recession, now more than ever Ottawa needs the food bank, said campaign chairperson Michael Sangster.

"We are calling on everyone in the entire National Capital Region to become a hero — a hero fighting hunger — by donating $25 and asking 25 friends to do the same."

Over the next six weeks, members of the community are encouraged to go online and support the food bank with a $25 donation. Each of those donors are then asked to find 25 people to make a $25 donation, and so on.

TRACEY TONG/METRO OTTAWA

The Ottawa Food Bank has "a great group of names" behind its 25th anniversary campaign, executive director Peter Tilley said yesterday. The campaign, which launched yesterday, is asking all Ottawans to donate $25 and ask 25 friends to do the same.

"Even in a great society, there are those that fall through the cracks," said Hillier, an honorary campaign co-chairperson. That's where the food bank comes in, he said.

"I don't think there's an organization that has a greater impact on the city," said White, who is also serving as an honorary co-chair.

The food bank supplies 12 tonnes of food a day to 131 organizations. It assists 43,000 people each month, 16,000 of which are children.

Ottawa Food Bank executive director Peter Tilley said the campaign goal is "wide open."

To donate, visit www.theottawafoodbank.ca.

Students urged to donate blood

SUPPLY Despite the recent transit strike, Ottawa's Canadian Blood Services collection centre only suffered a small dip in donations.

But with the approach of March break, the organization is putting out the call for donations in hopes that Ottawa students will help strengthen eastern Ontario's blood supply.

"The need for blood is constant," Canadian Blood Services spokesperson Pierre Campeau said.

"And with March break coming along, it would be great if students 17 and older could come in and donate. We're trying to make donation a part of life of someone who is younger," said Campeau.

In Canada, donors under the age of 25 donate much less frequently than any other age group.

Canadian Blood Services runs its donor clinics from daily at 1575 Carling Ave.

TRACEY TONG/METRO OTTAWA

More needles collected does not mean more drug use, expert says

TIM WIECLAWSKI
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HEALTH An increase in the number of dirty needles collected does not necessarily mean an increase in the number of drug users in the city, Ottawa's medical officer of health said yesterday.

"We really can't draw the conclusion one way or another if there is an increase or decrease in drug use from the information in this report," Dr. Isra Levy told the city's community and protective services committee.

Last year, the city retrieved about 507,700 discarded needles through drop boxes, one-for-one exchange and street collection.

Levy said they couldn't accurately predict if needle discards are up or down.

The expanded needle hunter program has collected nearly twice as many discards than two years ago.

In 2006, it collected almost 1,400 needles. Last year, it picked up 3,350.

In 2008, the city distributed 372,136 sterile syringes, much more than they brought in.

Public health is currently examining potential locations for 16 new needle drop boxes.

Sprinkler systems called for

TIM WIECLAWSKI
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FIRE As household items become more combustible, Ottawa firefighters are calling for mandatory sprinkler systems in all new Ottawa residences and the city's protective services committee agrees.

Yesterday, the committee agreed to petition the province to pass a bill authorizing municipalities to require fire sprinkler systems in all new construction including low-rise and single-family dwellings.

According to Deputy fire Chief Bruce Montone, the window for individuals to escape from a fire has dropped from 17 minutes in the 1970s to less than three minutes today.

Smoke alarms

- Since 1995 there have been 46 residential fire fatalities in Ottawa. Of those, 21 homes had working smoke alarms.

This is mostly due to the changing nature of the contents in homes. When awoken by a smoke alarm, Montone said most people spend the first two minutes confirming there is a fire and then ensuring every one else aware of it.

"If they have an escape plan and still have their wits about them, as the CO levels in the home rapidly increase, they have less than a minute to escape," he said. "That isn't happening. Our own statistics show that."

According to Montone, there has never been a fire fatality in a residential home that had sprinklers.

Greater Ottawa Home Builders' Association president Bob Ridley opposed the legislation due to the cost of mandatory sprinklers. However, Sean Tracey, regional manager of the National Fire Protection Association, argued that since construction materials have decreased 15 per cent in 2008, installing a sprinkler system is not an added burden.

metronews.ca
What's online today.

Video Comrades gather at ramp ceremony for latest soldier killed in Afghanistan at **metronews.ca/canada**

Comment Allan Small's tips on how investors can best bide their time while waiting for market recovery at **metronews.ca/investing**

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Libraries to host fraud prevention workshops
Fraud prevention workshops will be held at various public libraries in the Ottawa region throughout March. METRO OTTAWA

A win-win situation

Fundraising lottery to help local hospitals

ANDREW SZTEIN
for Metro Ottawa

When it comes to fundraising for the Ottawa Hospital and the Children's Hospital of Eastern Ontario, luck has nothing to do with it.

That's why the hospitals came together to kick off a massive lottery fundraiser at the Canadian Tire at Hunt Club and Merivale roads yesterday.

This is the second year for the lottery, which raised more than $400,000 for the hospitals last year.

"The theme of the lottery is 'we all win,'" said event organizer Kevin Keohane. "When people support a lottery that supports both hospitals, we believe that's a very true slogan."

In 2008, the lottery sold 43,000 tickets, a number Keohane anticipates will rise to 50,000 this year, with the "possibility of a sellout." There are 62,500 tickets for sale.

The proceeds will all be staying in the Ottawa area, and much of the funding will help finance an expanded emergency wing for CHEO and also replace older equipment.

The lottery features more than $3 million in prizes. In total, there are 4,826 prizes to be won, with one in 13 odds of winning.

"Our lottery offers the best chance to win $1 million of any lottery in Ontario, and the largest cash prize of any charity lottery in Ontario," said Keohane.

Feeling lucky?

- Tickets can be purchased for $100 each, or three for $250, at major banks in Ottawa, any campus of the Ottawa Hospital, the CHEO gift shop, the Gilcrest prize cottage at Canadian Tire or by calling 613-730-4946.

Race to benefit cancer centre

TIM WIECLAWSKI
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In 2005, Lynn Leclerc was diagnosed with breast cancer. In early 2006, she had surgery, followed by chemotherapy.

While Leclerc was fully prepared for her treatment, she was not prepared to see the dozens of people each day waiting for their treatment at the Ottawa Cancer Centre.

"I hadn't realized just how many people were affected by cancer," she said.

Recently, Leclerc joined CFRA morning host Steve Madley to help launch the MDS Nordion Race Weekend Challenge to help raise funds for the 20/20 Team, which is attempting to raise $20 million in 20 months for the expansion of the Ottawa Hospital Cancer Centre.

Last year, the Race Weekend Challenge raised more than $508,000 for the Ottawa Hospital.

Based on early registration, race weekend general manager Jim Robinson said they are anticipating 35,000 runners will take part in the various events commemorating the race's 35th year.

News in brief

FESTIVAL The Rideau Canal Festival was named the Best New Festival of 2008 at the Festivals and Events Ontario Conference in Burlington, Ont., on Sunday. The zero-footprint event, which kicked off last August to celebrate Ontario's only UNESCO World Heritage Site, was also named as one of Ontario's Top 100 Festivals. The festival attracted 114,000 visitors, bringing an estimated $1.4 million into the region. The second edition of the festival is scheduled to take place July 31 to Aug. 3.

METRO OTTAWA

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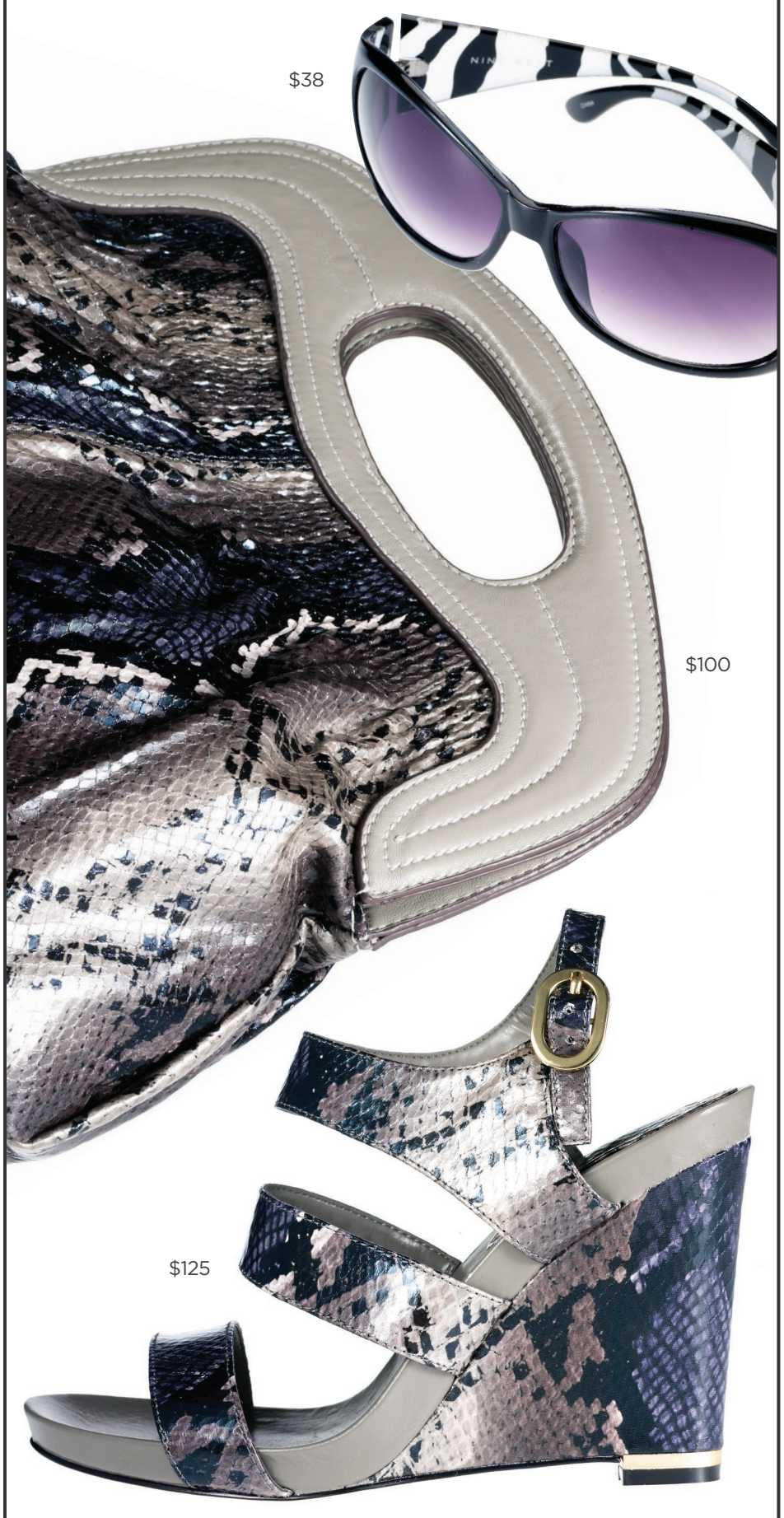

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Closing arguments heard in Dagenais trial
Who fired the first shot is a key question facing jurors in the trial of Curt Dagenais, charged with first-degree murder in the deaths of two RCMP constables in rural Saskatchewan nearly three years ago. The panel of six men and six women heard closing arguments yesterday in the Court of Queen's Bench in Saskatoon. **CBC NEWS ONLINE**

Canada

Facebook photos lead to arrest

RCMP in Selkirk, Man., have arrested an 18-year-old man who they say documented his graffiti spree on Facebook. The graffiti started to appear last summer and photographs were posted on the popular social networking site, RCMP said yesterday. Police are not identifying the suspect because he was a youth at the time the graffiti was created.
CBC NEWS ONLINE

Avalanche deaths predictable

Experts say conditions just right for increased number of deadly snowslides

Keith Grasdal knows snow.

Three decades of snowmobiling in the east Kootenay region of B.C. have taught him the only certainty about avalanches is the direction they come down.

"If you're in the wrong spot at the wrong time, it's just one of those things," said Grasdal yesterday. "Most times you're OK. Sometimes, it's not."

It has been a rough year for avalanches, especially in southeastern B.C., where two Calgary skiers died over the weekend after an accident in a permanently closed avalanche spot near the Kicking Horse Resort in Golden.

"You live in the mountains and avalanches come down. That's just what happens."
Keith Grasdal, snowmobiler

Grasdal, a member of the Cranbrook Snowmobile Club, said this season there was early snowfall and now there's soft, sugary snow underneath a layer of crust with colder-than-normal temperatures keeping the snow, especially in the backcountry, unstable.

In December, eight snowmobilers died after three avalanches swept 11 men off their machines. Grasdal, who has caused minor avalanches, but considers himself lucky never to have been caught in one, said no one ever forgets about the risks.

"You live in the mountains and avalanches come down. That's just what happens."

This season already there have been 18 deaths associated with avalanches in the area; over the past 10 years, the average has been 14 fatalities.

University of Calgary avalanche researcher Bruce Jamieson said there was less snowfall this year than normal and with less snow, the number of avalanche fatalities were predictable.

"When we see a thinner-than-average snow pack, we get more weak layers in the snow and those are more often triggerable by skiers and snowmobilers and snowboarders," said Jamieson. "When we saw the shallow snow pack and the cold temperatures in December, we knew it was likely to be one of the winters where there was an above number of recreational fatalities."

TORSTAR NEWS SERVICE

MacKay to get backing from U.S. for NATO post: Report

NATO Defence Minister Peter MacKay, pressed about media reports that he could be in the running for the job of NATO Secretary-General, said yesterday that nationality should not be a bar for the post, but shied away from saying he was interested.

Washington Post columnist Jim Hoagland wrote this week that U.S. Vice-President Joe Biden was set to press MacKay's candidacy when he visits Alliance headquarters today.

"I don't think that traditions, in the sense that geography should be a restriction on any position within NATO, should apply given the fact that Canada ... is a 60-year participant in NATO," MacKay told a news conference.

"I don't believe that a person's nationality, given the number of NATO countries ... should ever be a bar to ascendancy to any role in NATO."

A German newspaper said Saturday that Britain, France and Germany would back Danish Prime Minister Anders Fogh Rasmussen. **REUTERS**

Tradition

- The job has always gone to a European.
- The current secretary-general, Dutchman Jaap de Hoop Scheffer, is due to step down in July.

Vehicles in critical condition: Lt.-Gen.

MILITARY So many of the armoured vehicles used to train Canadian soldiers for the mission in Afghanistan have broken down that the situation is becoming critical, the commander of land forces said yesterday.

"We are running out of time to keep your army functioning the way that it should because our vehicle breakage rates are now higher than I've ever seen them," Lt.-Gen. Andrew Leslie told the Senate's defence committee.

Leslie blamed the tough treatment the vehicles were subjected to in the field before they were turned over to military training forces.

He also pointed the finger at a shortage of mechanics and what he called a ponderous military bureaucracy. **REUTERS**

Funding **Protecting Canadian media**

MIKE CASSESE/REUTERS

James Moore, minister of Canadian Heritage and Official Languages, laughs with actors Hugh Dillon and Enrico Colantoni yesterday on the set of their television series Flashpoint. Moore announced the creation of the Canadian Media Fund to improve access to Canadian programming on all media platforms. Ottawa is expected to spend $310 million on the fund over the next two years.

News in brief

ADVERTISING Eight Calgary buses started displaying pro-atheism ads paid for by the Canadian Freethought Association yesterday, which read: "There probably is no God. Now stop worrying and enjoy your life."

TENTATIVE DEAL General Motors Corp. is a step closer to securing billions of dollars in emergency loans in after striking a tentative cost savings deal with the Canadian Auto Workers union.

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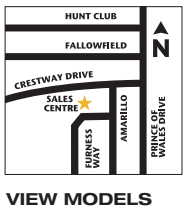

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Researchers discredit anti-malaria drug

The anti-malaria drug quinacrine does not appear to extend the lives of people with the human form of mad cow disease, despite encouraging results from experiments with mice, British researchers said. REUTERS

World

Washers liberated women: Vatican

The Vatican newspaper says that perhaps the washing machine did more to liberate women in the 20th century than the pill or the right to work. The submission was made in a lengthy article titled The Washing Machine and the Liberation of Women — Put in the Detergent, Close the Lid and Relax. REUTERS

Stem cell limits lifted

Obama repeals restrictions set by Bush administration

U.S. President Barack Obama lifted restrictions on federal funding of human embryonic stem cell research yesterday, angering abortion opponents but cheering those who believe the study could produce treatments for many diseases.

"We will lift the ban on federal funding for promising embryonic stem cell research," Obama said to vigorous applause at a White House gathering.

"We will also vigorously support scientists who pursue this research. And we will aim for America to lead the world in the discoveries it one day may yield."

Shares of companies specializing in stem cell research burst upward on the news, with Geron Corp. up by as much as 35 per cent and StemCells Inc. up 73 per cent at one point. Other related company shares rose, too.

The decision was a clear repudiation of the approach taken by Obama's predecessor, George W. Bush. U.S. law limits the use of federal money to make human stem cells, but Bush tightened the restrictions even further to include work using such cells.

Bush's decision prompted charges that he was basing his decision on politics and religion rather than science. Religious conservatives who supported Bush generally opposed embryonic stem cell research because it involves destruction of embryos, which they view as human life.

"When it comes to stem cell research, rather than furthering discovery, our government has forced what I believe is a false choice between sound science and moral values," Obama said. "As a person of faith, I believe we are called to care for each other and work to ease human suffering." REUTERS

Progress made

- U.S. scientists said they have taken an important step toward making an artificial life form by making a ribosome — the cell's factory. The ribosome makes the proteins that carry out key business for all forms of life.

Germany **Evolution of Barbie**

CHRISTIAN CHARISIUS/REUTERS

A teenager looks at a Barbie doll version of German Chancellor Angela Merkel yesterday, during an event at a department store in Hamburg. Barbie has chosen to honour and recognize Merkel as a very modern role model for girls around the world. The Barbie doll which debuted on March 9, 1959, celebrated its 50th anniversary worldwide yesterday.

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Gigolo con man jailed

CRIME A former Swiss investment banker was jailed for six years yesterday for trying to blackmail Germany's wealthiest woman, the heiress to the BMW car empire, with secret video of their lovemaking.

Sgarbi

Helg Sgarbi admitted at the start of his trial that he had seduced heiress Susanne Klatten and three other wealthy women, persuading them to pay him almost $16.43 million under various false pretexts.

"I regret what I did," Sgarbi, 44, told the Munich court, with little emotion. "I apologize to the women involved."

Klatten, a member of the Quandt family — the leading shareholders in carmaker BMW — went public last year with the story of how her lover secretly shot intimate footage and later demanded tens of millions of euros not to reveal it. REUTERS

No new troops in Northern Ireland

PEACE PROCESS The killing of two soldiers by dissident republicans in Northern Ireland followed by the killing of a police officer will not be allowed to derail the peace process in the British-ruled province, U.K. Prime Minister Gordon Brown said yesterday.

British troops would not be put back onto the streets, an official said, as leaders tried to ensure the attack did not reverse progress. REUTERS

News in brief

CHINA Anti-riot forces are ready to extinguish any unrest in Tibet, a Chinese senior officer said yesterday, while an overseas group critical of Beijing said 1,200 Tibetans remain missing after a security crackdown 12 months ago.

MILITARY Sri Lankan soldiers killed at least 180 elite Tamil Tiger fighters carrying out waves of counterattacks, and the pace of refugees fleeing the tiny war zone picked up speed, the military said yesterday.

MIDDLE EAST Hamas' popularity among Palestinians has risen sharply since a three-week Israeli war in January devastated the Islamist-ruled Gaza Strip, an opinion poll released yesterday showed. The face-to-face poll of 1,270 people by the Palestinian Center for Policy and Survey Research was conducted on March 5-7 in the West Bank and Gaza Strip, as the factions tried to reach agreement on a unity government with Egyptian mediation. REUTERS

U.S. transit use at 50-year high
Americans took 10.7 billion trips on public transit last year, the highest level of ridership in 52 years. REUTERS

High seas harassment?

U.S. says Chinese 'aggressively manoeuvred' near its ship

The United States Monday urged China to observe international maritime rules after the Pentagon said five Chinese ships, including a naval vessel, harassed a U.S. Navy ship in international waters.

The Chinese vessels "shadowed and aggressively manoeuvred in dangerously close proximity" to the USNS Impeccable Sunday, with one vessel coming within 25 feet of the U.S. ship, a Defense Department statement said.

The U.S. ship, an unarmed ocean surveillance vessel, was conducting routine operations in the South China Sea 75 miles south of Hainan Island, according to the Pentagon.

Defence officials said the incident followed days of increasingly aggressive Chinese conduct in the area, including fly-bys of two U.S. Navy ships by Chinese maritime surveillance planes.

"We expect the Chinese to observe international laws."
Robert Gibbs

"Our ships operate fairly regularly in international waters where these incidents took place," White House spokesman Robert Gibbs told a news conference.

"We are going to continue to operate in those international waters and we expect the Chinese to observe international laws around them."

The U.S. embassy in Beijing lodged a protest on Sunday with the Chinese government, State Department spokesman Robert Wood said. U.S. defence policy officials reiterated the protest to China's defence attache in Washington.

"The unprofessional manoeuvers by Chinese vessels violated the requirement under international law to operate with due regard for the rights and safety of other lawful users of the ocean," Marine Corps Major Stewart Upton, a Pentagon spokesman, said in a statement.

China said a U.S. naval vessel was conducting illegal surveying activities off its southern island of Hainan, a Hong Kong television website reported last night. REUTERS

Woman jailed for breaking embargo

IRAN An Iranian woman was sentenced to more than five years in prison for brokering a deal to send night-vision goggles to Iran in violation of the U.S. embargo, prosecutors said yesterday.

Shahrazad Mir Gholikhan, 31, was arrested in Vienna in a sting operation as U.S. and Austrian agents thwarted a plot to export to Iran up to 3,000 Generation 3 night-vision goggles.

Ford, union reach cost-saving deal

LABOUR Ford Motor Co. and the United Auto Workers said yesterday that workers had agreed to U.S. contract concessions and a new funding arrangement for a retiree health-care trust to help the automaker preserve cash amid the auto industry downturn.

The cuts approved by workers in voting at units across the United States puts additional pressure on General Motors Corp and Chrysler to complete discussions with the UAW that are required as part of their government bailouts. REUTERS

News in brief

UNEMPLOYMENT The U.S. unemployment rate would be 19.1 per cent, close to the level during the Great Depression, using the methodology that prevailed 80 years ago, according to Shadowstats.com. According to the official Labor Department figures, the jobless rate jumped to a 25-year high of 8.1 per cent in February. REUTERS

Mexico studies repatriating imprisoned French woman

LEGAL Mexican and French legal experts will examine whether a French woman sentenced to 60 years imprisonment in Mexico on kidnapping charges can be repatriated to France, the presidents of the two countries said yesterday.

French President Nicolas Sarkozy said he had spoken on the telephone with Florence Cassez and would back her request to be transferred to France, but stressed that did not mean she would be freed.

"I am not here to challenge Mexican justice," Sarkozy told a news conference alongside Mexican President Felipe Calderon. REUTERS

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Comment & Views

Comment

Newt's economic 8-ball

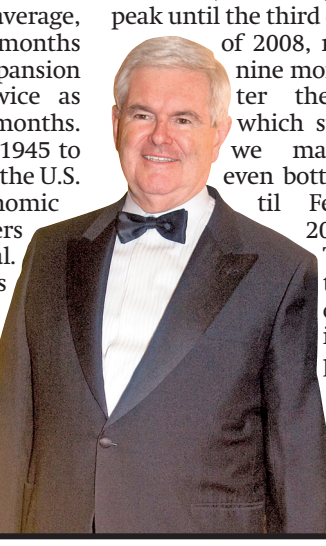
InBusiness

Charles Davies

When even Newt Gingrich has an opinion about the duration of the recession, you know economic forecasting is now officially as out of control as, say, U.S. mortgage lending was a year and a half ago. Reasonable people think we'll hit bottom anywhere from a few months to a few years out. Gingrich, a former House of Representatives Speaker and all-around gloomy anti-bailout Republican, thinks the U.S. won't be in good shape for three to five years.

But really, though, how long is it going to take before job losses, bailouts, falling share prices and slumping GDP numbers yield to good news? If history is any guide, Canada's economy should look a lot better by late 2010.

How do I know this? Well, the National Bureau of Economic Research in the U.S. records 32 economic cycles since 1854 — a cycle being the period from one peak of economic activity to another. On average, recessions last 17 months while periods of expansion are more than twice as long, typically 38 months. In the period from 1945 to 2001, during which the U.S. experienced 10 economic cycles, the numbers are more congenial. Post-war recessions average 10 months with growth periods running 57 months, perhaps a tribute to the economic management tools developed in the wake of the Great Depression.



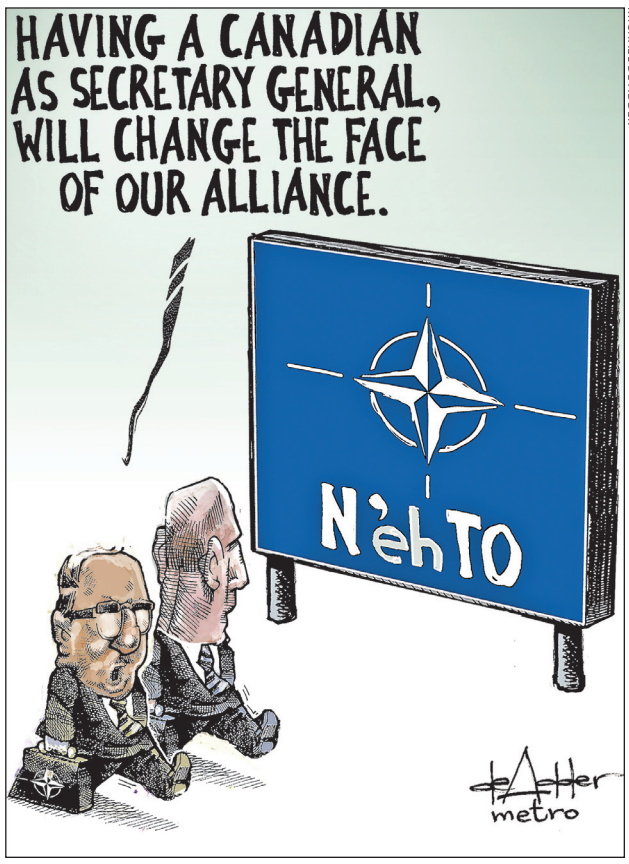
But let's be cautious. Using the broader, 155-year averages, and accepting the consensus that the U.S. economy peaked in December 2007, Americans should hit bottom roughly in May. Thereafter, we could see a gradual return to growth that tops out in about July 2012.

Canada, however, didn't peak until the third quarter of 2008, roughly nine months after the U.S., which suggests we may not even bottom until February 2010. Then, things could improve briskly, paced by a U.S. economy that's already in second gear.

Averages are just averages, of course. And other factors — our national economic dependence on commodities like oil and gas, for example — can make economic forecasting a mug's game.

As a fall back position, consider a doomsday scenario. With the sole exception of the Panic of 1873, when the collapse of the Northern Pacific Railroad triggered a 65-month slide in the U.S., the 43-month Great Depression is the worst North America has endured. Using that standard, the U.S. won't bottom until July 2011 and won't really be humming until late 2012. Which, come to think of it, is pretty much what Newt thinks will happen.

Charles Davies is a veteran business writer and editor who has worked for news organizations and publications including Business Week, Canadian Business, Report On Business magazine, Reuters, and Financial Post.



MICHAEL DE ADDER

Views

Should faces be covered in court?

Alia Hogben
metronews.ca

In a recent sexual assault case, the judge ruled that a woman complainant must show her face, even though she argued it was her religious right to wear the full face covering (the niqab).

The judge's decision was based on the fact she showed her face for her driver's licence, so her face can be seen by anyone who needs proof of her identity. The judge also said showing her face is necessary so the accused and their lawyers can assess her demeanour, with all the cues provided by facial and verbal expressions.

The judge's decision is being appealed to the Ontario Supreme Court. The Ontario Human Rights Commission has asked for intervener status at the court so it can explain religious rights.

This seemingly simple issue raises major issues about religious rights: The right of the accused, diverse interpretation of religious injunctions and religious/cultural accommodation.

Face covering is demanded by some extreme conservative Muslims, and the Toronto woman is choosing this conservative interpretation for herself, although this is not required in Islam.

The difficulty for someone like me is that I must respect the woman's choice and I cannot tell the woman she must show her face, and for all I know this particular woman is fully integrated into Canadian society.

I don't envy the Ontario Supreme Court judge who has to make this Solomon-like decision regarding the conflict between rights.

However, this conundrum goes beyond the courtroom.

There are some Muslims who are increasing the number of identity markers, for example the niqab, to create a distinct identity, which is leading to self- segregation.

Before I am lambasted, I acknowledge that I am generalizing when I say wearing the niqab creates a separation between a woman and all others — and may, in many instances, restrict full participation in Canadian society.

Surely we Muslims should be active participants because we cannot fight racism and discrimination nor demand changes if we are not involved as full citizens.

I don't envy the Ontario Supreme Court judge who has to make this Solomon-like decision regarding the conflict between rights.

I am sure the judge will consider the resolution of such cases may strengthen the more conservative elements within the Muslim communities and set precedents for the legal system.

Alia Hogben is the executive director of the Canadian Council of Muslim Women, an organization of believing women who value equality of all

Online Chatter

Dziekanski's death affects everyone

Re: Poles in Canada and abroad following Dziekanski inquiry with anger, confusion (March 8)

I am Canadian, my family has been Canadian for five generations, originally from Scotland.

Dziekanski's death hits us all! Canadians (most) had given police unchallenged trust, the power to detain, arrest, shoot, Taser, club, jail and even kill if necessary as long as it is justified and in the line of duty.

We have seen the RCMP Complaints Commission under scrutiny, as well as the police commission in B.C. where Dziekanski died at the hands of police.

Comments by username broadpowers

Officer's should be fired

Re: Poles in Canada and abroad following Dziekanski inquiry with anger, confusion (March 8)

What I am finding very difficult to accept is that four young, likely physically fit RCMP members were unable to restrain a single male who of course had a stapler.

As a retired police officer, we never had the luxury of having four members to restore order involving a single male, we never had all the present day equipment.

The four RCMP should be criminally charged and fired, we don't need this kind of crap.

Comments by username kojack

Metro does not verify the identities of online commentators. Comments may be edited for space. To comment on these and other stories, log onto metronews.ca.

Metro Online Poll Results

38% SAID YES	Has registering on the do-not-call list cut down on your unsolicited calls? *Weigh in on today's question at metronews.ca*	63% SAID NO

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Former Caisse CEO assumes some responsibility for loss
The former CEO of the Caisse de dépôt et placement du Québec said yesterday he takes responsibility for some of the fund's $39.8-billion loss last year. Henri-Paul Rousseau headed the fund from 2002 until he left in May 2008. **CBC NEWS ONLINE**

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Housing starts drop 12.3%

Groundbreakings fall for sixth straight month to 134,600

Canadian housing starts fell by a greater than expected 12.3 per cent in February, marking a sixth consecutive monthly decline and their lowest level since June 2000, as the domestic economy struggles through a major downturn.

Groundbreakings on new homes dropped to a seasonally adjusted annualized rate of 134,600 units last month from 153,500 in January, with declines seen in the single- and multiple-dwelling sectors, Canada Mortgage and Housing Corp. said yesterday.

The number of starts in February was below analyst forecasts for 145,000 starts.

But there was a silver lining in the weak numbers. While it suggests builders are responding to weaker demand, which could have a short-term negative effect on economic activity, it also indicates there may not be a severe oversupply of homes.

"As an economist looking at this, it's good news that the markets are working. They're taking their cues from the price signals and those signals are telling them not to build right now," said Pascal Gauthier, an economist at TD Bank.

Economists continue to describe the Canadian housing downturn as a "correction" that will last the better part of 2009, and many expect the market to make a recovery in 2010.

REUTERS

Numbers

- Construction of urban single-family homes fell 11 per cent to 44,500 units, while multiple dwellings, like condos, dropped 17.5 per cent to 63,300 units.

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Global financial market losses total $50T: Study

ASSETS The global financial crisis slashed the value of financial assets worldwide by $50 trillion US last year, a study commissioned by the Asian Development Bank (ADB) said yesterday.

Financial asset losses in developing Asia, which suffered more than other emerging markets, totalled $9.6 trillion, or just over one year's worth of developing Asia's gross domestic product, the study said.

"The previous sense of strength and invulnerability is now gone," said the ADB-sponsored study, noting that "there were concerns about the effect of a shallow recession in the United States, but the general perception was that Asia, the largest regional emerging market group, was doing well."

Haruhiko Kuroda, ADB president, said Asia was hit harder than other parts of the developing world because its markets have expanded more rapidly.

Based on the study, the estimates measure the losses in equity and bond markets, including those based on mortgages and other assets, and the depreciations of currencies against the U.S. dollar.

REUTERS

Business in brief

BUFFETT Billionaire Warren Buffett said yesterday on CNBC television that the U.S. economy had "fallen off a cliff" but would eventually recover, though a rebound could kindle inflation worse than that experienced in the late 1970s.

DRUGS Merck & Co. Inc. said yesterday that it would acquire Schering-Plough Corp. for $41.1 billion US, uniting the makers of cholesterol drugs Zetia and Vytorin in the second megadeal for Big Pharma in weeks.

REUTERS

Interest rates/Savings accounts
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Bringing up baby

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Sooner or later, most parents will be looking for child care — whether it's daycare, a nanny, or (if you're lucky) grandparents.

But which option will best fit into your daily routine and spending plan? Most parents will agree that it's tough to find quality care and make the most of your dollars.

Now if you can't find a full-time family member, daycare is often one of the most popular options. However, with daycare spaces being limited and waiting times averaging a year or more, it's a good idea to get on a list early.

But signing up at too many daycares before knowing exactly what you want can be costly. Usually you have to pay a deposit, anywhere from $20 to $100, and you might not get this money back.

Daycare is generally a more affordable option if you have one or two children.

Daycare is generally a more affordable option if you have one or two children. For kids two years and older (depending on where you're located) it generally costs between $700 to $1,000 a month, for full-time, licensed daycare, five days a week.

Finding daycare for infants from six months to a year can be more difficult and because of the increased need for staff, it's usually more expensive too. To keep costs down, you can look for a daycare that allows you to pack a lunch for your child.

You also need to consider the time it takes to drive to your daycare. If it's way off your route to work, you need to factor in gas costs and the hours of operation.

The total cost of a live-in nanny is about $2,000 a month (depending on location). While their salary is usually around $1,000 a month, you'll also need to pay for their employment benefits and pension. Plus you'll need to have a spare room in your house. The plus side is you can deduct a portion of their room and board from their salary based on government guidelines. And if you hire through an agency you'll also have to pay the agency a fee, which can vary from a one-time placement fee to a percentage of their salary.

If you have a close friend or neighbour with kids you can nanny share and agree to split the costs of a nanny as some nannies will agree to look after up to four kids in one house. So if you can find a friend with one other child, you would cut the cost of a nanny in half.

For more on child care costs, hop onto smartcookies.com and visit the forum for new moms.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing
Allan Small

Visit metronews.ca to read Allan Small's market update, as well as some ideas for investors.

If it smells like a scam ...

MoneyMatters

Henry Choo Chong
choochonghcga@yahoo.ca

Q Recently, I received an email with a request to verify information. I replied. Several days later, I was informed by my financial institution my account had been compromised.
— Bernice

A New fraudulent schemes are invented everyday and fraudsters work 24/7 and use the most modern of technology. Beware the following:

Phishing

• Emails claiming to be legit institutions to obtain personal information.

Dumpster divings

• Fraudsters go through your garbage seeking your bills, bank statements, etc. Use a shredder.

Skimming

• Stealing numbers for your credit/debit cards when processing your card. Be careful next time you fill up at the pump.

1-900 scam

• An offer in the mail to claim your winnings by calling a 1-900 number. Your cost is per-minute charges, your possible winnings, a loonie or twoonie.

Foreign country scam

• Emails to transfer millions of dollars to your bank account — for a small processing fee.

Canada Revenue Agency

• Emails claiming to be CRA requesting personal information in order to process tax refund.

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Breakfast • Standard rm. • 2 nts.
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Zurich via Toronto
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and
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Barkley released after three-day sentence
Former NBA star Charles Barkley was released from an Arizona jail yesterday after serving a three-day sentence on a drunken-driving conviction. Barkley spent about 36 hours in jail after getting 12 hours of work release on Sunday and yesterday. METRO NEWS SERVICES

Sports

Sharapova back for doubles

Three-time major champion Maria Sharapova will return to the WTA Tour this week after missing more than seven months by playing doubles at an event in Indian Wells, California. Sharapova, who has not played since pulling out of a tournament in Montreal last July with a right shoulder injury, will compete in doubles for the first time in nearly four years, teaming with Elena Vesnina.
METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

Canada bounced by Italy

Baseball team out of WBC after stunning home-turf loss

WORLD BASEBALL CLASSIC
Italy 6 Canada 2

Italia VS

It's over. Team Canada, which captured the collective imagination of Canadian baseball fans with a great performance against the U.S. Saturday, bowed out of the World Baseball Classic last night with what was undeniably an embarrassing effort against Italy at the Rogers Centre.

Canada, let down by its pitching, was never in it against the underdog Italians, who scored four runs in the first four innings en route to a 6-2 win that eliminated Canada from the double knockout global tournament. This was undeniably a bitter pill to swallow for the Canadians. They were playing with a great lineup in their home country. After losing 6-5 to the USA in a stirring game before 42,000-plus fans, the Canadians were expected to handle the Italians and advance to a do-or-die game tonight against Venezuela.

Justin Morneau shows his frustration.

Was Canada looking past the Italians, a squad which manager Marco Mazzieri said was based mostly on "guys who play (in Europe) and have day jobs"?

Canadian manager Ernie Whitt insisted that was not the case. But Whitt left himself open for second guessers by starting veteran minor leaguer Vince Perkins and saving Blue Jays starter Scott Richmond — considered Canada's ace — for a potential game against Venezuela.

11 Canadian runners left on base against Italy.

"If we don't make it to (the Venezuela game), you can write I'm a bonehead for not starting Richmond," Whitt said for before the game. "Hopefully we'll be in a position where I won't look like a bonehead."

Perkins led an onslaught of ineffective pitching, which saw six Canadian hurlers surrender seven walks and nine hits.

TORSTAR NEWS SERVICE

Carbonneau fired, Gainey takes over

NHL The Montreal Canadiens fired head coach Guy Carbonneau yesterday, and team general manager Bob Gainey will take over behind the bench.

Carbonneau was in his third season as head coach of the Habs. Viewed by many as one of the preseason favourites to win the Stanley Cup, the Canadiens currently sit in the fifth position in the Eastern Conference with 77 points, only two points ahead of ninth-place Carolina.

Gainey, who has served as the team's general manager since 2003, will take over as head coach for the second time in his tenure with the team. He also coached for 41 games in 2006 after firing Claude Julien, posting a 23-15-3 record in the regular season before being defeated in six games by eventual Stanley Cup champion Carolina in the first round.

Carbonneau

Carbonneau led Montreal to a first-place finish in the conference during the 2007-08 season before a disappointing five-game series loss to Philadelphia in the second round.

In his two-plus seasons at the helm in Montreal, Carbonneau posted a 124-83-23 record in 230 games.

METRO NEWS SERVICES

Sens double up on Leafs

NHL RESULT
Leafs 1 Senators 2

TORONTO MAPLE LEAFS VS

THE SKINNY: The Senators started off slow, but went on to score a couple of second period goals then hang on the rest of the way for the win.

THE LETDOWN: Senators fans and the Ottawa media were a little disappointed that Martin Gerber did not get the start in goal for the Leafs.

THE GOALS AGAINST: Leafs netminder Curtis Joseph allowed his 2,500th NHL goal in last night's contest.

THE WINNING GOAL: Dany Heatley notched his 32nd goal of the year in the last minute of the middle frame.

BLAIR GABLE/REUTERS

Toronto Maple Leaf Jason Blake is hit into the boards by Ottawa Senator Chris Campoli yesterday.

THE WIN: The Senators picked up just their second win in the last ten games versus the Leafs.

STICKY BUSINESS: Toronto head coach Ron Wilson asked for Jason Spezza's stick to be measured and was rewarded with a power-play opportunity in the last two minutes of the hockey game after it was found to be illegal.

THE DEPLETED LINEUP: The Leafs played last night's game with several regulars out of their lineup including Vesa Toskala, Tomas Kaberle, Mike Van Ryn and Niklas Hagman.

THE NEXT GAME: The Senators wrap up their longest homestand of the season tomorrow night against the Tampa Bay Lightning.

MIKE BEASLEY/FOR METRO OTTAWA

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NHL

EASTERN CONFERENCE

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d-New Jersey	42	20	3	87
d-Washington	40	21	6	86
Philadelphia	35	19	10	80
Montreal	35	24	7	77
Carolina	36	27	5	77
Florida	34	24	8	76
N.Y. Rangers	34	25	8	76
Pittsburgh	35	26	6	76
Buffalo	33	26	7	73
Toronto	26	28	13	65
OTTAWA	26	29	10	62
Atlanta	25	35	6	56
Tampa Bay	21	32	13	55
N.Y. Islanders	22	37	7	51

d-division leader

YESTERDAY'S RESULTS
OTTAWA 2 Toronto 1
Carolina 3 N.Y. Rangers 0
Vancouver at Los Angeles

NBA

EASTERN CONFERENCE

	W	L	PCT
dx-Cleveland	49	13	.790
dx-Boston	49	15	.766
d-Orlando	46	17	.730
Atlanta	36	28	.563
Miami	33	29	.532
Detroit	32	30	.516
Philadelphia	30	31	.492
Chicago	29	34	.460
Milwaukee	30	36	.455
Charlotte	28	35	.444
New Jersey	28	35	.444
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Home loan tip

Taking out a loan for a renovation will improve your monthly cash flow and allow you to complete your project in one phase rather than multiple stages. **NEWS CANADA**

Spring Lending

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

‘Do your research’: Experts

Get a pre-approval on your mortgage before buying

RAFAEL BRUSILOW
for Metro Canada

If you’re a first-time buyer with a steady financial situation, you might be chomping at the bit to catch a good deal in the current down market — just make sure you crunch the numbers first.

Jim Rawson, a regional manager with Canadian mortgage brokerage firm Invis, says the weak economy has made real estate a buyer’s market in most parts of Canada and the spring and summer months could see a wave of buying if bargains continue to make it onto the market.

Yet, the economy hasn’t shown major signs of an upswing, so you should be wary of biting off more than you can chew.

Bottom line: Don’t rush into anything, because you don’t need to — do your research, take your time and shop around.

Rawson says the most important thing to do before setting out to buy a house is to get a pre-approval on your mortgage so you’ll know exactly how much home you can afford.

“You don’t want to go out looking for that first home without knowing how much you can afford to spend. A lot of home buyers will go out and find their dream home only to realize there’s no way they could afford it,” Rawson said.

“You don’t want to go out looking for that first home without knowing how much you can afford to spend.” Jim Rawson, Invis

If you need a little extra money for your down payment and you are a first-time buyer, you or your partner can take out up to $25,000 per person from your RRSP for any reason related to buying a home — including covering closing fees, land transfer taxes or a down payment. You then have 15 years to repay the money back into your RRSP.

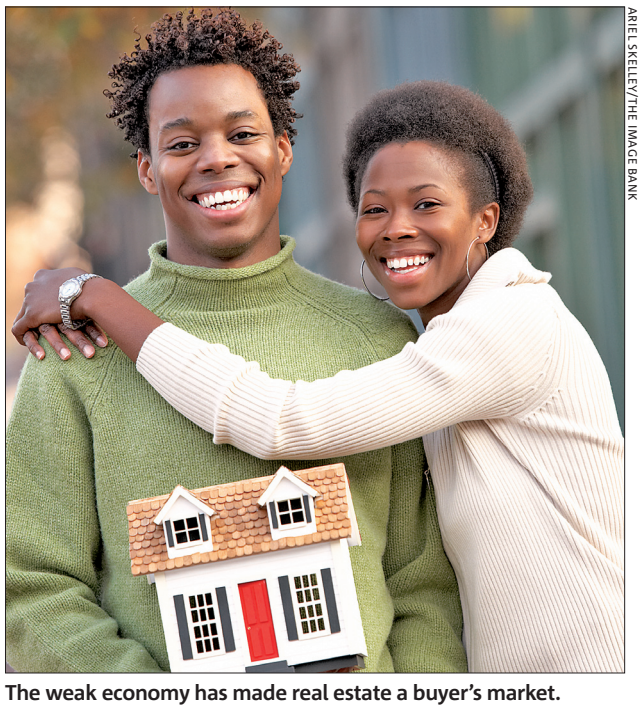
Gary Robertson, a financial adviser with Edward Jones, says you do have to be careful if you start dipping too deeply into things like RRSPs or emergency funds to buy your house, however.

“Don’t stretch yourself to the limit — leave some wiggle room because you need to afford the expenses that come with owning a home.

“Utilities, property taxes, condo fees — all those things have to be added in and that could make the home not affordable,” Robertson said.

Plan for the worst possible scenario and make sure you can adjust accordingly, as current interest rates can seem deceptively low.

“Be pessimistic about the future of interest rates. If you’re paying four per cent now, you’re probably going to be paying six to seven per cent upon renewal of your mortgage,” Robertson said.



ARIEL SKELLEY/THE IMAGE BANK

The weak economy has made real estate a buyer’s market.

Now possible to earn a tax credit for renovating your home

JON TATTRIE
for Metro Canada

A tax break introduced in Stephen Harper’s 2009 budget is good news for homeowners planning renovations, experts say.

“Anyone who’s thinking of doing any kind of home renovation over the next few years should probably try to accelerate that if they can afford to,” said Jamie Golombek, managing director of tax and estate planning for CIBC.

The Home Renovation Tax Credit is valid for any home-renovation expenses paid after Jan. 27 and before Feb. 1, 2010. Taxpayers can claim a credit that reduces taxes payable by 15 per cent of expenses over $1,000 and under $10,000. That gives you a maximum credit of $1,350.

“They really have to be expenses that are of an ‘enduring nature,’ something integral to the dwelling. That includes the cost of labour and building materials,” Golombek explained, noting that Cra-arc.gc.ca has a list of what qualifies.

The tax break is also good for the owner of vacation property.

When it comes time to do the work, do the math first, says Janice Rice of Canada Mortgage and Housing Corporation. “In this case, the pen is mightier than the hammer.”

First, assess what you want to renovate and how much that will cost. Next, explore your financing options. If the cost is low, credit cards, renovation loans or lines of credit may be the best fit.

“These products are excellent for renovations someone wants to pay off in a short period of time,” Rice says. The interest rates are higher, but the loans are more convenient.

If you have major plans, look at spreading the cost over a longer period with a mortgage. That can be a conventional mortgage or a CMHC-insured mortgage.

“That allows the home owner to get a maximum mortgage amount of 95 per cent,” she explains. “It gives them the ability to finance a larger-scale renovation over a longer period of time at very competitive interest rates.”

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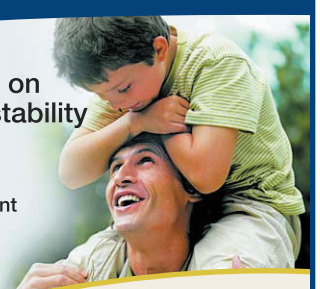

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Winning over the bankers

Many people are intimidated by their visit to the bank.

NOELLE MUNARETTO
for Metro Canada

It all starts with an idea.

Chatting with friends, family or co-workers, someone dreams up their own business and vows to make it work. But, the challenging part is changing those ideas into actions. And for businesses to be successful in the future, it will require the help of bankers in the present.

"A lot of people are under the impression that money grows on trees," says Jaime Wombolt, a business information officer with Canada Business Nova Scotia. "It's not that it's their fault. It's just the truth of the matter."

Wombolt says officers at Canada Business centres all over the country work with prospective small business owners to connect them with the real-life resources they need.

"We consider ourselves to be a one-stop shop for business information," she says. "A lot of people have a great idea for a business and no idea how to go about it."

However, Wombolt says their Financing Info Guide and Business Plan Guide are two great tools entrepreneurs can use to prepare for the process of approaching a bank for a loan.

Lesley Lawrence, Toronto-East vice-president and area manager for the Montreal-based Business Development Bank of Canada, says the most important element of acquiring a business loan is a solid business plan.

"It shouldn't be a 45-page document. It should be clear and concise and you should be trying to make it as simple as possible," she says. "You want to show your banker how you will succeed in paying the business back."

In addition, Lawrence says entrepreneurs should think out the document well in advance.

"You should do your homework and talk to people within the industry you are trying to get into," she adds. "Find a mentor."

Kerry Peacock is the senior vice-president of business banking for TD Canada Trust. She reveals that many entrepreneurs still fear the bank, especially during the loan process.

"For some people going to the bank is like going to the dentist," she says.

Instead she encourages prospective business owners to approach a financial adviser right away to find out what exactly is required at that bank to secure a loan. "It'll actually be a smoother process if you come in at the very beginning as opposed to when you want that line of credit," says Peacock.

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Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on April 14.

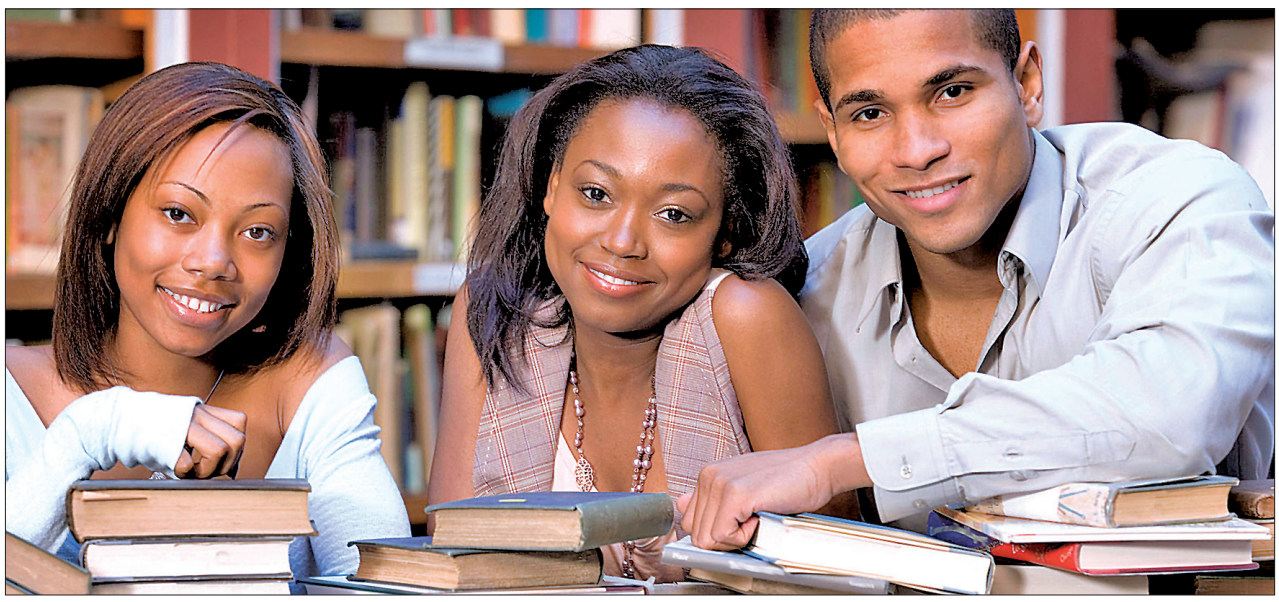
Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Students do double duty

International pupils must also adapt to living abroad

LEYLA EMORY
for Metro Canada



International students have to adapt to the culture shock of living in a new country on top of taking on a full course load.

International student Leonie Charlton has twice the work of her peers: The courses she's enrolled in and learning about the city in which they're offered.

"I had never been in winter before I came (to Toronto)," says the Jamaican-born Humber College business student. "So the cold was a shock, but I liked the atmosphere, I liked the society and I liked how it's very accepting."

Charlton feels an international education puts her at an advantage. "We're not one of the more developed nations, so in order to get a better grasp of how business operates and get an international scope of what really happens outside of my little area, I wanted to choose a more post-industrial nation that is multicultural and accepting. Where you can grow in its society."

In turn, international students contribute to the growth of society, according to Michelle Suderman, associate director of international student development at the University of British Columbia.

"Students tell us they come away with a much better understanding of the way people in other parts of the world see an issue," Suderman says. "If they're in a class with Canadians and other international students, they're amazed at how many different ways there are at looking at the same problem."

For Christine Boake, a graduate of Parsons the New School for Design, studying in New York was less of a culture shock but equally rewarding. "You get to experience a different culture and learn to adapt to all its nuances," she says, "but you also represent your own country. I was always very proud that I was Canadian."

Both Boake and Charlton feel that completing a degree abroad puts them at an advantage in the job market. But learning away from home can be difficult.

For Boake it was the constant upkeep of documentation to get in and out of the country. Charlton is finding her Caribbean work experience is not transferable to the Canadian job market.

For others, it's "getting used to a completely new way of living and often a completely different language," says Suderman. "Students tell us even small tasks like taking the bus can be complicated because they don't know they have to step down or ring the bell. There's a constant feeling of being a fish out of water."

But "feeling like a foreigner is an interesting experience in and of itself," says Boake.

It's part of the educations says Charlton: "Explore, get to know things, ask questions. There's never a silly question. If someone's laughing at you, fine. You learn from it."

Funding for UOttawa means 277 more grad studies spots

TRACEY TONG
tracey.tong@metronews.ca

The University of Ottawa recently received provincial funding that will allow them to offer 277 additional graduate studies spots. And according to the dean of the faculty of graduate and post-doctoral studies, it could not have come at a better time.

"We're seeing an increase in the number of applications for masters and PhD programs," said Gary Slater. "We had more applications than this time last year. (The funding) came at a really good time, in my opinion.

"Given the financial difficulties right now, it's possible that more students want to go to grad school because there are no jobs right now."

And by the time they graduate, they'll be more likely to find a job, he said.

"Unemployment is lower among people with PhDs. And their jobs are more interesting."

UOttawa's 277 spaces are a part of the province's plan to invest $51.6 million to create almost 3,300 new graduate spaces provincewide over the next three years. UOttawa received the second largest number of spaces for masters level spaces, next to the University of Toronto.

"The province gave universities more spaces than they expected, which is great," said Slater.

> **"Given the financial difficulties right now, it's possible that more students want to go to grad school because there are no jobs right now."**
> Gary Slater

The funding has favoured research-intensive universities, said Slater.

"This means more research, more students being trained. This will help researchers in many fields enormously."

"This recent funding allocation confirms that the University of Ottawa fits within the province's agenda of prioritized funding to research-intensive universities and is demonstrative of the university's strength in this regard," said University of Ottawa president Allan Rock.

At UOttawa, the number of masters students will jump from 1,841 full-time equivalents in 2002 to 2,856 in 2011, while the number of doctoral students will go from 541 in 2002 to 1,073 in year 2011.

The funding at UOttawa will also allow newly created graduate programs to launch in September, Slater said. These include masters in communications and masters in information science programs, as well as a graduate certificate program in governmental communications.

"We started the creation of the programs a year ago and prayed we'd get spaces," he said.

Slater said the graduate spaces, which are spread out in a variety of disciplines, will also allow the university to attract different types of students.

The university will be recruiting students from across the country, Slater said.

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Recession stress

Catch signs early and seek out social support, say experts

DENISE SURETTE
for Metro Canada

Recession stress is affecting everybody. Whether you're a business owner, a student with a part-time job or unemployed — money is on everyone's mind.

There isn't much we can do about the recession, but we can change the way it affects us.

"During recessions, people recognize they're having difficulty with sleep and appetite," says Dr. Eilenna Denisoff, team leader for the work stress and health program for the Centre of Addictions and Mental Health in Toronto. The centre is the leading Canadian research hospitals for mental health.

Losing your job is one of life's most serious stress factors, along with divorce, death of a loved one and relocating your family. Making sure you stay mentally healthy during tough times is important to stay on top of your game.

Denisoff says to look for a few key indicators of stress in yourself, or loved ones, to identify if they're suffering from more stress than usual. Chest pain, using alcohol or drugs, difficulty sleeping or eating, rapid heartbeat and irritability — all are early symptoms of stress.

Catching early signs of stress is important to save yourself from more serious problems down the road, such as anxiety and depression.

"Don't wait until it's too late, when work, sleep and relationships are suffering," says Denisoff.

So how do you deal with recession stress?

"Seek out social support, connect with friends, talk with friends and family that make you feel better, not worse," say Denisoff.

Exercise is also great destressor, says Denisoff. Besides the mood-elevating endorphins, exercise can be a great way to take your mind off your worries and improve your health and self-esteem.

If you or your partner are feeling the effects of work stress, support each other with small acts of kindness.

"Acknowledge it's a stressful time in a gentle way," says Denisoff. "Offer to help prepare a meal or suggest a walk together, rent a funny movie or go out with friends."

If stress becomes deeper or more intense, professional help from a psychologist or counsellor is an option to vent and receive advice on coping with life's rough patches.

Small steps can help lessen the load. Even if you can't change the economic climate, you can change your attitude.

Riding the Recession

De-stress tips

Five inexpensive ways to destress:
- Go for a brisk walk
- Rediscover your local library
- Take a guilt-free power nap
- Play with your dog or cat
- Start a journal

(Tips courtesy of helpguide.org)

DENISE SURETTE/ FOR METRO CANADA

ISTOCK PHOTO

Chest pain, difficulty sleeping or eating and irritability are all symptoms of stress. Detecting these signs early is important.

Should you stay or should you go?

The J Spot
Josey Vogels
metronews.ca/thejspot

I don't understand why everyone got so mad at Jason. Okay, so maybe The Bachelor shouldn't have proposed to Melissa on national television when he was clearly conflicted and had unresolved feelings for Molly.

But give the guy a break. He got caught up in the moment (along with the small handful of 17 million viewers who watched the finale of the popular reality show) and convinced himself that a lifetime with Melissa was the way to go.

And it's not like he turned around the next day and ditched her. It was six months later. A lot can happen in six months. Would you rather he stay in the relationship, even marry Melissa, simply because he said he would on national TV?

Because, goodness knows, far too many of us stay in relationships way beyond their due date.

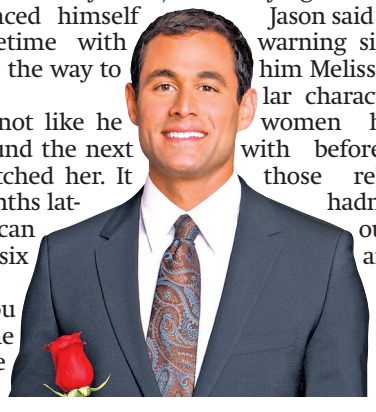
Relationship coach Susie Collins runs several relationship advice websites with her husband Otto, among them stayorgo.com. She says Jason did the right thing by listening to his heart and not trying to make a relationship work that was doomed to fail — especially when his heart was saying, "Be with Molly."

Jason said there were warning signs telling him Melissa had similar characteristics to women he'd been with before — and those relationships hadn't worked out. These are good signs to heed, says Collins. If you can't decide whether or not it's worth sticking it out with someone when you're having doubts, ask yourself if your partner is similar to those in past relationships that haven't worked out. In other words, are you making the same mistakes over and over again — only with different people?

"It's amazing how many of us are content to stay stuck in limbo about their relationship."
Susie Collins, relationship coach

And because there is some truth to that old adage: It's not you, it's me, Collins suggests you ask yourself some tough personal questions before dragging someone else along for a ride to nowhere, such as: Why are you in the relationship at all? What are you afraid of if you stay? If you go?

"It's amazing how many of us are content to stay stuck in limbo about their relationship," said Collins.



Left: Bachelor star Jason Mesnick.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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When you have that first appointment, there are a number of things you can expect to happen. You will be asked to **fill out a questionnaire** about your dental and general health.

The **general health questions are vital to your treatment** and you should not hesitate to answer them honestly. We have learned so much about the link between dental health and overall health. **You might be surprised at how certain health conditions can have an impact on the nature of dental treatment you might require.** So make sure you provide as much information as possible.

When you are seated in the dental chair, you will likely receive a **periodontal exam. This is designed to determine how healthy your gums are.** Healthy gums will fit nicely around the teeth, helping to keep them firmly in place. If we notice that there are large spaces between the teeth and the gums, or the gums seem tender, puffy and prone to bleeding, we will discuss how that can be treated.

Dr. Wayne Perron
Dental Surgeon

At the same time, you should also experience one of the most important examinations your dentist can perform for you: **an oral cancer exam.** Your dentist should look for visible warning signs of oral cancer. S/he may even use some of the new technologies available today that can detect signs of cancer that might not be visible to the eye. And we all know the importance of early detection when it comes to cancer.

You should also expect to receive **a complete set of dental x-rays.** Your dentist will want to be certain there are no problems under the gum line that will need some attention. You should not be worried about radiation exposure during this process. With proper maintenance of the equipment and today's x-ray technology, you will be more than adequately protected.

You may notice that today's dental office makes much greater use of technology than the last time you were in. In fact, **by using an intra-oral camera, you may get to see what your dentist sees when looking in your mouth.** Many patients really enjoy this aspect of the today's dental office.

This is just a small sample of what you can expect when you make your first trip, or your return, to the dentist. Coming back to your dentist is the right decision and you should feel proud that you are putting your dental health, and your overall health, first. Because visiting the dentist regularly is a healthy habit…and healthy habits lead to healthy lives.

Dr. Wayne Perron - Dental Surgeon

Anderson has runway malfunction

Pamela Anderson accidentally flashed her breasts while walking for Vivienne Westwood in Paris. The actress and model suffered a wardrobe malfunction on the runway, as her black dress slipped down to reveal her nipple to a shocked audience, reports the Daily Mail. **FEMALEFIRST.CO.UK**

Entertainment

New neighbour

The CW has reportedly signed a deal for Ashlee Simpson-Wentz to move into Melrose Place. She plans to return to TV as a small-town girl who arrives in Los Angeles with a big secret. PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Entertainment in brief

MUSIC Irish band U2 leapt straight to the top of the British album chart on Sunday with No Line on The Horizon, the fastest selling album of the year so far. The album, expected to be one of the pop world's biggest in 2009, was their 10th to top the British chart. Only the Beatles and Elvis Presley have had more number one albums in Britain. **REUTERS**

The business of music

More than 500 acts hit the stage at Canadian Music Week

IAN NATHANSON
for Metro Canada

Among the hundreds of bands, solo artists and such who congregate at Canadian Music Week festivities each year, all share one common premise: Getting noticed — by the right people, in the right place, at the right opportune moment.

And if attempts to stand out in a crowd of some 500 Canadian, U.S. and international artists sound too daunting a task, CBC Radio 3 personality Grant Lawrence suggests a much simpler approach to the four-day music festival, which runs tomorrow through to Saturday: The networking opportunities are just too good to pass up.

"Instead of just having artists constantly touring, which can get to be very expensive, CMW brings the industry all together in one city as a one-stop shop of panel discussions, live showcases and meetings with the music industry folk," says the Vancouver-based Lawrence, whose satellite radio programs and podcasts for CBC Radio 3 offer one of the few strong mediums in Canada to promote independent talent.

You could be any one of West Coasters Vancougar, East Coasters Hey Rosetta! or already famous names — Sloan, Burton Cummings or Anvil — showcasing, curiously witnessing unfamiliar acts, schmoozing with record label execs or taking part in panel discussions with radio industry folk. If lucky enough, they can all sit in to hear legendary Kiss bassist Gene Simmons deliver a keynote speech.

Canadian **Music Week**

CBC Radio 3 host Grant Lawrence, above, says CMW can be a stepping stone to other music festivals. It's also an opportunity for up-and-coming acts like Arkells, right, to show their stuff. For details on the festival visit cmw.net.

Lawrence also points out that CMW can often be utilized as a stepping stone to appearing at other prestigious music festivals such as South By Southwest (SXSW) in Austin, Texas or New York City's CMJ Music Marathon. "It can only have a positive effect for those participating, so it's practically a necessity to be there," Lawrence says.

From the perspective of the acts taking part, fresh-faced talent should make the most of the networking aspects CMW offers, according to broadcaster, researcher and former Canadian bureau chief of Billboard magazine Larry LeBlanc.

"You need to target a booking agent and a manager with two or three artists — particular one that has something already happening with them, and try to find acts that stylistically complement with what you do and suggest a co-venture," LeBlanc says.

For the music fan, the plethora of talent appearing at CMW would go against the grain of reported suggestions that the music industry is on its death knell. In this Internet-friendly era, the added power of online promotion — whether aided by Lawrence's shows, worldwide exposure via YouTube and MySpace or mere chats between friends — assures the likes of Edmonton's quirky pop-rockers Hot Panda establish as loyal a fan base as Montreal trip-rock duo Beast.

"A lot of people out there would be quick to say that the music today is worse now than it was years ago. I have a problem with that belief," LeBlanc says. "If you look hard enough, there's a ton of great music being made."

Ontario acts at CMW

- Human Highway (Toronto)
- Arkells (Hamilton)
- Basia Bulat (London)
- Cuff The Duke (Oshawa)
- Crystal Castles (Toronto)

Martha Stewart's doggy dies in blast
Martha Stewart is mourning the loss of her Chow Chow, Ghenghis Khan, who died in a deadly propane explosion at a kennel in Pennsylvania on Friday. **USMAGAZINE.COM**

Designs that work

Stella McCartney showcases mature collection

Stella McCartney injected some masculinity into her signature soft, feminine designs with belted spray-print dresses and tapered trousers yesterday, adding to a string of Paris collections courting the working woman.

Faced with the end of the luxury boom, designers at Paris Fashion Week have moved from party frocks for socialites towards more wearable, sellable clothes — although McCartney brushed off questions about the impact of the economic crisis.

"What crisis?" she said after her show, laughing before turning away to discuss the thigh-high faux leather boots and lace-and-wool dresses in her collection.

While the British designer has long been known for her flattering silhouettes, there has been a broader trend towards grown-up fashion, from Karl Lagerfeld's strong-shouldered coats to big-shouldered blue cardigans at Emanuel Ungaro.

PASCAL LE SEGRETAIN/GETTY IMAGES

Designer Stella McCartney, centre, poses backstage with models after her show during Paris Fashion Week yesterday.

Most of the power suits, knee-length skirts and subtly sexy dresses with lace inserts shown in Paris over the past few days could have been worn by the buyers and editors in the front row — unlike the micro-minis and bra tops of past seasons.

"I thought it was fabulous — very mature and chic, and inventive with those boots."
Paul McCartney

"I'd like to give women something they get noticed in but won't be overwhelmed by," McCartney said.

Her father, Paul McCartney, was beaming proudly from the front row. "I thought it was fabulous — very mature and chic, and inventive with those boots," he said, adding that his daughter sometimes designed his stage suits.

Many American buyers, usually a visible presence at the Milan and Paris shows, have stayed away from the autumn/winter shows, preferring to order online or over the phone.

REUTERS

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Watchmen No. 1 around world

BOX OFFICE Watchmen easily finished No. 1 at the weekend box office overseas, mirroring its North American bow. Director Zack Snyder's superhero fantasy, the first big worldwide launch of 2009, grossed an estimated $27.5 million from 45 markets.

REUTERS

In brief

FILM Tracy Morgan and Martin Lawrence are joining Chris Rock in a remake of the ensemble comedy Death at a Funeral.

REUTERS

AUDITIONS CBC Television's Dragon's Den is holding auditions for its fourth season. Visit cbc.ca/dragonsden for audition information and locations. **METRO NEWS SERVICES**

GlobalStyle

Kenya Hunt

Read Paris Fashion Week reviews, exclusively at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit:
metronews.ca/movies

OT		Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/10/09	primetime	265	353	2	TVO	Undersea Exp.	Parks	The Agenda With Steve Paikin		The Fixer (Part 1 of 6)		Paradise Found: Islamic Art		Agenda-Paikin
		211	331	3	GTV	ET Canada	Entertainment	NCIS "Heartland" (HDTV)		90210 "By Accident"		Project Runway Canada		News
		-	-	5	SRC	Virginie (SC)	La Facture	Providence (HDTV) (SC)		Roxy (SC)	Roxy (SC)	Le Téléjournal et Les Nou		La Zone
		209	342	6	CHRO	Instant Star	TMZ (N)	Reaper (HDTV) (N)		Comedy Now Jean Paul.		(10:01) Without a Trace		Comedy Now
		196	311	7	CTV	Hollywood	etalk	American Idol (HDTV) Top 12 finalists perform. (Live)				Law & Order: SVU		News (N)
		208	303	8	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Wild Roses (N) (DVS)		CBC News: The National		The Hour
		-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	The Biggest Loser (N)				Law & Order: SVU		News (N)
		117	713	10	TVA	Les Gags	Star Académie:	La Fièvre de la danse (SC)		La Promesse (HDTV) (SC)		TVA 22 heures	(10:45) Denis Lévesque	
		-	-	11	QS	Catherine (SC)	Pop Corn	Dirty Sexy Money (SC)		Men in Trees: leçons		Cent dix pour cent (SC)		Msr Showbiz
		137	763	12	TFO	Panorama		Aux limites du corps		*Capitaine Conan* ★★★ (1996, Guerre) Philippe Torreton.				Rapayan
		-	362	13	CBS	Dr. Phil (HDTV)		NCIS "Heartland" (HDTV)		The Mentalist (HDTV)		(10:01) Without a Trace		Two/Half Men
		216	395	14	OMN2	Raymond	Raymond	News (N)		News (N)		Two/Half Men	King	Cold Case
		214	344	15	CITY	Law & Order: SVU		Privileged (HDTV)		Scrubs	Scrubs	Primetime: What Would		News (N)
		115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)		Vivere II	News (N)	The Simpsons	King of the Hill	Metropia
		218	345	18	E!	The Insider (N)	E! News	The Biggest Loser (N)				Dr. 90210 "Slice of Life"		News (N)
		-	361	20	ABC	News (N)	Entertainment	Homeland Security USA		Scrubs	Scrubs	Primetime: What Would		News (N)
		512	396	24	CPAC	La Période de questions		Heure polit.	L'Heure politique				Revue	Période-quest.
		651	355	25	CTS	Happy Days	Laverne	Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
		-	365	36	FOX	TMZ (N)	Seinfeld	American Idol (HDTV) Top 12 finalists perform. (Live)				News (N)		News
		-	-	64	PBS	Business Rpt.	Yanni Voices: Live From the Forum in Acapulco				Chris Botti in Boston			Charlie Rose
		205	312	104	CTV	Hollywood	etalk	American Idol (HDTV) Top 12 finalists perform. (Live)				Law & Order: SVU		News (N)
	news	502	390	26	NW	CBC News	Newman	The Hour		CBC News: The National		Twelve (N)		National
		500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live		Anderson Cooper 360 (HDTV)		
	sports	406	417	27	net	Baseball: World Classic		Sportsnet Con.	Baseball: World Classic		Sportsnet Con.	Baseball World Classic -- Teams TBA. (Live)		
		126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
		400	280	30	TSN	That's Hockey!	Interruption	Curling Tim Hortons Brier -- Draw 11. From the Pengrowth Saddledome in Calgary.						SportsCentre
		410	403	52	SCR	Cabby Unlimit	Court Surfing NBA news, scores and highlights.					Score Tonight		Hockey Talk
		411	457	56	OLN	Bounty Hunter	Bounty Hunter	Survivorman		Mantracker		Bounty Hunter	Bounty Hunter	Survivorman
		417	406	59	SC	Pimp My Ride	Pass Time	Low Life	Low Life	Super Bikes!	Super Bikes!	Hot Import	Hot Import	Pimp My Ride
	family	554	544	48	TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken	American Dad	Moral Orel
		557	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
		551	542	65	YTV	Adrenaline Proj	Prank Patrol	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach		Mystery Hnt.
	cable variety	570	580	29	MM	mmmtop	Where You At	Popaganda		Gene Simmons	Gene Simmons	Gene Simmons	Gene Simmons	Listed
		615	520	31	A&E	CSI: Miami (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		Manhunters	Manhunters	Manhunters
		628	584	32	SPKE	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		Ultimate Knockouts 3		DEA "Flip The Stripper" (N)		Real Vice
		521	560	34	TLC	Kids by the Dozen		17 Kids-Count	17 Kids-Count	17 Kids and Counting		Toddlers & Tiaras		17 Kids-Count
		145	761	35	TV5	Change	Caméra café	Petit et grand pandas		Nicolas le Floch		Facteur	D'Est en Ouest	Journal TV5
		616	521	39	SHO	The Outer Limits		Mutant X		Testees	Trailer Park	The L Word		House
		620	523	40	BVO	Canadian Guitar Quartet		Live at the Rehearsal Hall		Johnny Cash Live at Montreux 1994			Glee Club	Law & Order
		520	505	42	DIS	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Time Warp	Combat School (N)		Daily Planet
		575	583	43	CMT	Carrie Underwood One on One		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Tearjerkers
		601	562	45	SLC	Skin Deep	Til Debt-Part	Rich Poor	Rich Poor	Rich Bride, Poor Bride		Rich Bride, Poor Bride		ET Canada
		625	548	46	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	S. Silverman	Flt.-Conchords	Daily Show
		294	529	47	TBS	House-Payne	House-Payne	*Lethal Weapon 4* ★★ (1998, Action) Mel Gibson, Danny Glover.					Seinfeld	Family Guy
		600	564	49	H&G	House Hunters	Property Virgin	Pure Design	Style	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes-Homes
		627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Torchwood		(10:05) Destination Truth (N)		Stargate SG-1
		581	566	53	MTV	Nitro Circus	After	MTV News	Cribs	From G's to Gents		From G's to Gents		MTV Live
		618	524	54	TROP	Planet Soap	Big Screen	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
		522	506	55	HIS	NCIS		Ultimate Engineering		Crime Stories		NCIS		Sea Hunters
		129	773	60	CD	Biographies (HDTV)		Docu-D (HDTV)		Images-chocs		Criminels		Mayday
		261	394	61	V	Murder, She Wrote		Chambers	On the Buses	Quantum Leap		I Prophesy	Supernatural	Poltergeist
		602	567	62	W	Will & Grace	Friends	How to Look Good Naked		Style by Jury	Style by Jury	How to Look Good Naked		Maxed Out
		269	350	70	APTN	Wings-Canada	Storytellers	Wapos Bay	Cashing In	Fish Out	Mixed Blessing	Caution: Nuts	Rabbit Fall	Moccasin Flats
		621	527	71	TLK	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	Living the Life	Look-A-Like	The Tonight Show-Jay Leno		TMZ
		603	561	95	FN	Chef at Home	Chef at Home	Restaurant Makeover		The F Word		Good Eats	Good Eats	Iron Chef Am.

critics' corner

Wild Roses
And up from the ground come a-bubblin' crude. Oil, that is. Black gold. Texas tea. OK, Alberta tea, in this case. Will drops a bombshell on the Henrys: Yes, there is oil under Rivercross. Now the question becomes, how should they get it out? Gary Hudson and Adam MacDonald also star in the new episode "Boom and Bust." 9 PM on 8 CBC

The Biggest Loser
After a pop challenge that adds an interesting twist to the weigh-in, the contestants compete in a relay race, with the winning team getting 24 hours of luxury. Some contestants are unable to resist temptation during the getaway, however. One contestant has it out with the trainer. Alison Sweeney is host. 8 PM on 9 NBC 18 E!

Without a Trace
When a federal agent's teenage son disappears, the Missing Persons Squad and new boss Clark Medina are on the case and uncover a long-held family secret with potentially deadly ramifications in "True/False." 10:01 PM on 13 CBS 6 SHRO

Kylie slated for fire benefit

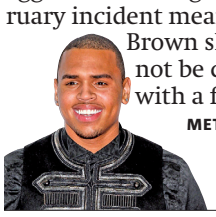
Kylie Minogue, who is currently filming a Bollywood movie in Mumbai, is hotly tipped to headline the Sound Relief benefit shows in Sydney and Melbourne for the victims of bushfires and floods in her native Australia this weekend. FEMALEFIRST.CO.UK

Celebrity Buzz

Chris Brown to cut a plea deal?

LEGAL Chris Brown reportedly wants to cut a deal with prosecutors in the case over his alleged assault of Rihanna.

Sources tell TMZ Brown would plea only to a misdemeanour and with no jail time. The sources say legal consultants have suggested that Rihanna's own aggression during the February incident mean that Brown should not be charged with a felony.



METRO NEWS SERVICES

'He will hit you again,' Oprah warns Rihanna

SCANDAL Oprah Winfrey gave a stern warning to Rihanna, who has taken back Chris Brown (who has been charged with two felonies for assaulting her last month), usmagazine.com reports.

"Both Chris Brown and Rihanna, if I were your friend, I'd call you up and say, 'Give it some time. Get yourself some counseling. Take care of yourself. Heal yourself first,'" said Winfrey, who will dedicate a program this week to discussing domestic violence for "all the Rihannas of the world."

Looking directly into the camera, Winfrey added during Friday's episode of her talk show, "If a man hits you once, he will hit you again. He will hit you again."

Echoed Gayle King, "If you guys want to get back together, I'm OK with that. But at least take some time. I am so worried she is sending the wrong message to the young fans. And him, too!"

METRO NEWS SERVICES

Jessica 'dukes' it out

PEOPLE Remember all that weight gain hoopla surrounding Jessica Simpson a month or so ago? The singer seems to have wiped them out in the single donning of a pair of short-shorts, a la her Daisy Dukes character from The Dukes of Hazzard movie, popeater.com reports.

At her Florida show on Sunday night, Simpson strutted the stage in her short-shorts.

In January, Simpson's high-waisted jeans and apparent weight gain made headlines across the country.

Simpson spoke out against the criticism at a concert shortly after the weight stories began, saying: "I feel like in our world today we focus on so many things that are completely pointless."

METRO NEWS SERVICES

Amy's comeback derailed

CAREER Amy Winehouse has hit a hurdle in her hopes for a musical comeback, people.com reports.

The troubled singer has been forced to cancel her appearance next month at California's Coachella Music Festival because of the charges she faces in London over an an alleged assault last September.

When she answered police bail last week and was formally charged, her management assumed that her legal case would not "be sorted out in time" for her to make the music fest.

METRO NEWS SERVICES

Paris pulls a Vanilli?

PEOPLE Paris Hilton was left humiliated at her birthday party in Las Vegas after her new lover Dough Reinhardt exposed her lip-synching, femalefirst.co.uk reports.

A source said of her performance of her song Stars Are Blind: "Paris was really going all-out to impress Doug until he took the mike off her and the singing just carried on. Everyone in the club thought it was hilarious."

METRO NEWS SERVICES

Twins have blonde moment

PEOPLE Hugh Hefner's latest girlfriends, twins Karissa and Kristina Shannon, offered to help out with 2008 Playmate of the Year Jayde Nicole's charity, Lengths of Love, by donating some of their hair to make wigs and help raise cancer awareness.

Only one problem: The twins' bleach-blonde hair is apparently no good. "The hair used has to be healthy enough to be retreated and not too over-processed," Nicole tells Fox News.

METRO NEWS SERVICES

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Today Variable 2° / -3°
Wednesday Rain 90% 10° / -9°
Thursday Variable -6° / -12°

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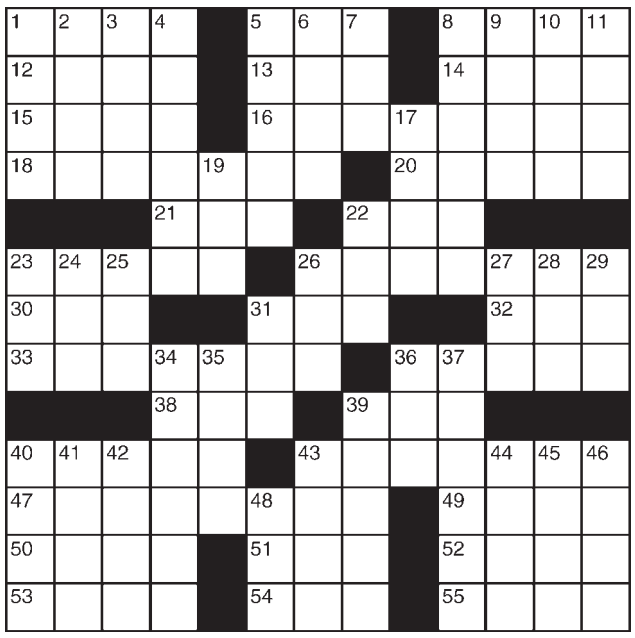
Take Five



Crossword across

1 Coffin stand
5 Mayberry mail abbr.
8 Rams fans?
12 Run easily
13 Barcelona bravo
14 Speck
15 Ear-related
16 Resoluteness
18 Tasks as yet undone
20 Fuzzbuster's find
21 So five minutes ago
22 Supporting
23 Word on the street?
26 Spoke spitefully about
30 "— the ramparts ..."
31 Cowboy nickname
32 Blond shade
33 Excavating machine
36 Abdomen
38 Dinner for Dobbin
39 Sass
40 As cross as —
43 Illuminated from behind
47 Setting
49 Franc replacement
50 Grades K through 12
51 Historic time
52 Oklahoma city
53 "Vaya con —"
54 Shriner's hat
55 Mexican money

Crossword down

1 Amorphous sci-fi villain
2 Tittle
3 Grand story
4 Believe
5 Automaton
6 Banner
7 Xmas time
8 Set off on a journey
9 Lumber
10 Sicilian spouter
11 Palm reader, e.g.
17 McDonald's founder Ray
19 Drag wearily
22 Office transmission
23 Blubber
24 Meadow
25 Curved line
26 Spelling contest
27 Emeril's shout
28 Doctrine
29 Command-ment possessive
31 Plaything
34 Some military garb
35 Difficult
36 Spasm
37 Maintenance
39 Bolivian city
40 Sleeping
41 Indonesian island
42 Reverberate
43 Unwanted guest, maybe
44 "Clair de —"
45 Rainbow
46 Commotion
48 Ump

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

1				2				6
7		9		4		3		8
		4	1		8	2		
3								2
			4		7			
5								4
		7	3		2	8		
8		2		6		5		9
4				9				7

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

S	T	U	D	■	V	I	C	■	O	V	A	L		
L	U	K	E	■	E	V	E	■	P	E	R	U		
A	B	E	T	■	H	E	L	L	E	N	I	C		
W	A	S	A	B	I	■	L	O	R	D	L	Y		
■	■	■	C	E	C	A	■	M	A	E	■	■		
M	I	C	H	E	L	L	E	■	S	T	A	G		
B	A	R	■	P	E	P	Y	S	■	T	R	A		
A	N	E	W	■	S	H	E	L	L	A	C	S		
■	■	■	D	O	H	■	A	B	E	L	■	■		
S	T	I	R	U	P	■	A	W	A	K	E	N		
N	U	T	S	H	E	L	L	■	M	A	L	E		
O	B	O	E	■	A	I	L	■	A	L	S	O		
B	E	R	N	■	R	E	S	■	S	E	E	N		

2	1	7	6	5	9	4	3	8
8	6	9	3	2	4	1	5	7
5	4	3	7	8	1	9	2	6
4	2	8	9	1	3	7	6	5
1	3	5	8	7	6	2	4	9
7	9	6	5	4	2	8	1	3
3	7	2	1	6	8	5	9	4
9	8	1	4	3	5	6	7	2
6	5	4	2	9	7	3	8	1

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Goulash in a Hurry

INGREDIENTS:
2 tbsp (25 ml) extra-virgin olive oil
1 large onion, minced
2 garlic cloves, crushed
3 thick lean, boneless pork loin chops, cut into thin strips
1 tbsp (15 ml) all-purpose flour
2 x 14-oz (398-ml) cans crushed tomatoes
1/2 cup (125 ml) extra-dry vermouth
2 tbsp (25 ml) paprika
1 tsp (5 ml) caraway seeds
1 tsp (5 ml) sugar
2 chicken bouillon cubes, crumbled
1 large green pepper, seeded and chopped
3 cups (750 ml) finely shredded red cabbage
Salt and fresh-ground black pepper

TO SERVE:
4 tbsp (60 ml) sour cream
Paprika
Fresh chives

METHOD:
1. Heat oil in large frying pan or pot over high heat. Add onion, garlic and pork, and sauté 3 minutes or until meat changes colour and becomes firm, and onion is slightly soft. Meanwhile, blend flour with 4 tbsp (60 ml) juice from canned tomatoes for a smooth paste; set aside.
2. Stir vermouth, paprika, caraway seeds and sugar into the frying pan. Add tomatoes, breaking them up as you mix. Stir in bouillon cubes and flour-and-tomato-juice mixture. Bring to boil, stirring, and boil until juices thicken.
3. Stir in green pepper and red cabbage until both are coated in cooking juices. Reduce heat, cover frying pan, and simmer 15 minutes or until meat is cooked and vegetables are crisp-tender.
4. Taste goulash and season with salt and pepper, if necessary. Ladle goulash into bowls and top each with spoonful of sour cream and a sprinkle of paprika. Garnish with chives and serve. **SERVES 4**

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
A pest needs a stronger cure. A friend's generosity will please someone. Attend get-togethers to increase your job chances.

TAURUS
APRIL 21-MAY 21
A tall man is overjoyed with a compromise. Friends will pitch in to get something done. No news really is good news.

GEMINI
MAY 22-JUNE 21
A weird mystery is solved by a liar. Try to discourage any rash decisions. You'll attract some compliments.

CANCER
JUNE 22-JULY 22
A zany friend complains of hustle and bustle. Pay attention to what isn't being said. Try something you've never done before.

LEO
JULY 23-AUG 23
A man thrives in a seething condition. You can resist the pangs of sadness. Someone's whining provokes idle threats.

VIRGO
AUG 24-SEPT 22
A sophisticated woman accuses you of emotional detachment. Offer your services to help out. People are talking about a tempting offer.

LIBRA
SEPT 23-OCT 23
A happy-go-lucky guy makes a surprising confession. A notorious liar is being passive-aggressive. An apathetic person causes discomfort.

SCORPIO
OCT 24-NOV 22
Somebody is still waiting for an answer. You'll justify buying a comforting toy. A stoical person gets the message that the time has come.

SAGITTARIUS
NOV 23-DEC 21
A sentimental woman finds happiness. Weather creates relationship problems. A powerful person is on your side.

CAPRICORN
DEC 22-JAN 20
A replacement becomes necessary. A moving statement causes excitement. Loving gestures will be made.

AQUARIUS
JAN 21-FEB 18
An old-timer shoots down a useless theory. Take stock of what you need. You'll find the way to make dreams come true.

PISCES
FEB 19-MARCH 20
Be passionate about a just cause. Social events will slow to a crawl. A guilt trip can bring you good luck.

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VISIT US *in March*

Algonquin College has **two great events** planned for March that you won't want to miss.

Join us at the Woodroffe Campus!

MARCH BREAK

March 16-20, 2009

Take a General Campus Tour
any day at either 10 a.m. or 2 p.m.

Visit the Information Fair in "T" Building – Room T102
any day between 11 a.m. and 2 p.m. and speak to
College representatives from various areas

DISCOVERY EVENING

March 25, 2009 — 5 p.m. to 7 p.m.

You'll want to attend this event if you are:

- A prospective student doing research on full-time post-secondary options.
- A university student interested in developing skills for the workforce.
- An adult student looking for career upgrading/career change options.
- A prospective student looking for part-time study options.
- A current applicant who wants to confirm your decision or find additional information.

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